

FAQs:

Q1. What is recreation?

Ans. Recreation is a natural expression of human interests and seeks satisfaction during leisure. It is a basic human need primarily related to the growth and development of the individual, a part of living related to other life activities, part of living in which certain human needs find satisfaction.

Q2. How is recreation characterized?

Ans. Recreation is characterized by freedom of choice (i.e. lack of compulsion), occurring in free time (i.e. leisure) and in which the satisfaction is in the doing (which means that awards are unnecessary).

Q3. What does recreation seek?

Ans. Recreation seeks for the freedom of choice based on self-discipline. It connotes freedom, encourages self-expression, initiative and self-leadership.

Q4. How is an individual's choice of recreation conditioned?

Ans. An individual's choice of recreation is conditioned by numerous factors, in combination or by themselves. These include stages of growth, early home environment, talent, ability, friends, parents, brothers and sisters, experimentation, the availability of opportunity and popularity of certain recreation. Because the pattern of playing with all the differences is a personal one for each individual and recreation can mean different things to different people.

Q5. List the misconceptions of recreation?

Ans. Recreation having a very broad nature of activities and programs often leads to the formation of misconception, which are listed hereunder:

- Recreation can only be done as an organized event and have a physical component.
- Recreation is an expensive affair
- Recreation is limited to fun and games
- Recreation is distracting and reduces productivity
- Recreation disrupts the education process
- Recreation and Play are same
- Recreation does not affect health and
- Recreation does not have economic significance.

Q6. Explain the misconception that recreation does not have economic significance.

Ans. Though recreation can be indulged in even without any expenditure of physical capital, however there has been a change in the mindset and people who want to utilize their leisure time properly do not mind spending some cash if it is required to get them the desired recreational activity, hence recreation has now become a social force in all countries. Opportunities in a community for wholesome and rewarding recreation are therefore as essential as opportunities for health, education and religion. The universal urge for recreation, relaxation and release from the daily routine has been capitalized by commercial agencies. The rapid and unprecedented rise in national income resulting in a higher standard of living has materially affected the recreation scenario. Even an average income group family makes it possible to spend large amount of their income for amusements, travel, hobbies and sports.

Q7. Is recreation and play same. If not what is the difference between the two?

Ans. keeping recreation and play in the same platform would mean that recreation is also age specific which is not the case when it comes to recreation, as it is for all irrespective of the age, color, caste or other socio economic factors and even illnesses. The only similarity between the two is that recreation and play are outlets of or expression of excess energy, channeling it into socially acceptable activities that fulfill individual as well as societal needs, without need for compulsion, and providing satisfaction and pleasure for the participant.

Another important factor that distinguishes recreation from play is that recreation is a leisure time activity where an individual is free from other commitment which is one of the most important prerequisites of recreation.

Q8. What are the activities of recreation?

Ans. Recreation comprises a wide range of activities some of which may be:

- Games and sports
- Social activities
- Musical activities
- Arts and crafts activities
- Drama activities
- Dance activities
- Nature and outdoor activities
- Literacy and language activities
- Collection activities
- Social service activities and a lot more

Q9. Explain how recreation is not only an expensive affair.

Ans. Even though in the modern time recreation often gives rise to commercial industries, recreational activities and hobbies do not necessarily have to be costly, nor do they have to be particularly bold or outgoing. Whether you want to spend huge amount of money on an Auli skiing trip or enjoy bingo night for free at a local church, the only requirement of recreation is that those involved in it are in it for the pure sake of enjoyment.

Q10. ‘Recreation can only be done as an organized event and have a physical component’. Elaborate this misconception of recreation.

Ans. Recreation activities can be enjoyed alone, with a group of friends or amidst massive crowds of spectators or participants. Those interested in individual activities may enjoy watching a sport, reading a book, browsing the internet, playing video games and many other entertaining and enlightening pursuits. Likewise, there are plenty of group activities that can keep a large number of people entertained for hours. Taking a rafting trip with a team of people or vacationing with good friends are some of the group activities that many people around the world get engaged in and enjoy. However it is not necessary to have a recreational leader or a company to organize them they can be spontaneous and may not require any professional help in doing so.